



DISCIPLINE SHEET

1. Data about the programme

1.1.	"CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY
1.2.	FACULTY OF MEDICINE
1.3.	DEPARTMENT 3 Preclinical (Complementary Sciences)
1.4.	DISCIPLINE Medical Psychology
1.5.	DOMAIN OF STUDY: HEALTH – Sectorally regulated within the European Union
1.6.	STUDY CYCLE: LICENCE
1.7.	STUDY PROGRAMME: MEDICINE – ENGLISH MODULE

2. Data about discipline

2.1.	Name of the discipline in the educational plan: Human Behavioral Sciences and Medical Sociology (<i>English</i>)				
2.2.	Discipline code: DC II 8 S4M				
2.3.	Discipline type (FD/SD/CD): CD				
2.4.	Discipline regimen (MD/OPD): MD				
2.5.	The holder / coordinator of course activities: (psychosocial track) Prof. dr. Ovidiu Popa-Velea; (biological track): Poiană Cătălina, Prof. Univ. Dr. Păun Diana Loreta, Conf. Univ. Dr. Mușat Mădălina Daniela Lucia, Conf. Univ. Dr. Ranetti Aurelian Emil, Conf. Univ. Dr. Căpățână Cristina, șef lucrări dr. Niculescu Dan Alexandru, șef lucr.dr. Găloiu Simona Andreea, șef lucr.dr.				
2.6.	The holder / coordinator of seminary activities: (psychosocial track) Assoc. Prof. dr. Liliana Veronica Diaconescu; (biological track): Burcea Iulia Florentina asistent universitar Oros Sabina Elena, asistent universitar Baciu Ionela Florina, asistent universitar Baculescu Nicoleta, asistent universitar Boboc Aura Mădălina, asistent universitar Sorohan Mădălina Cristina, asistent universitar Greere Daniela Ioana Iulia, asistent universitar Dumitriu-Stan Roxana Ioana, asistent universitar Călin Cristiana, asistent universitar				
2.7. Year of study	2	2.8. Semester	4	2.7. Type of evaluation (E/C)	E

3. Total estimated time (hours/semester of didactic activity and self- preparation/study)

3.1. Number of hours per week	3	From which: 3.2.lecture	1	3.3.Seminary	2
3.4. Total hours of educational plan	42	From which: 3.5.course	14 (7 biological track, 7 psychosocial track)	3.6. Seminary	28 (7 biological track, 21 psycho-social track)
Evaluation (number of hours)	2				Hours

II. Self- preparation / study

Distribution of allotted time	14 weeks
Study of course materials, textbooks, books, study of the recommended minimal bibliography	10 hours
Additional research in the library, research through the internet	8 hours
Performing specific activities for preparing projects, laboratories, elaborating reviews or other tasks	6 hours
Specific preparation activities for projects, laboratory work, assignments, and reports	4 hours



"Carol Davila" University of Medicine and Pharmacy Bucharest
Quality Assurance Committee

Tutoring	3 hours
Other activities	2 hours
3.7. Total individual study hours	33 hours
3.8. Total hours per semester (3.4. + 3.7.)	75 hours
3.9. Number of credits	3

4. Preconditions (where applicable)

4.1. of curriculum	Acquirement of the notions taught in the first year of study at the course of Health Psychology and Medical Communication
4.2. of competences	Acquirement of the communication skills with the somatic / psychosomatic patient, of the abilities to evaluate the weight of psychological factors in the etiology of somatic diseases and of the addressability criteria to the clinical psychologist / psychiatrist (taught in the first year at the course of Health Psychology and Medical Communication)

5. Conditions (where applicable)

5.1. to conduct the lecture	PowerPoint presentations, use of multimedia systems, and projector
5.2. to conduct the seminary	Equipped with the necessary apparatus for conducting practical activities

6. Learning outcomes

Knowledge	At the end of the course, the student should: 1. Know the origins of normal and abnormal behavior, and their relationship with personality and other variables. 2. Know the different theories regarding behavior and its assessment tools, as well as intervention modalities, focused on behavior change. 3. Know behavioral changes in different special clinical circumstances (incurable diseases, surgical interventions) and the most effective methods of addressing them by the doctor. 4. Be aware of the importance of key concepts of Medical Sociology (e.g. social stratification, social inclusion, cultural competence, diversity) and their relationship with health. 5. Know effective psychotherapeutic techniques in behavior modulation, as well as their indications. 6. Have in-depth knowledge of the principles of hormone-behavior interrelationships, as well as the intervention of hormones in the life cycle. 7. Has fundamental notions related to the involvement of hormones in sexual behavior and sexuality. 8. Has basic knowledge related to the involvement of hormones in eating behavior, as well as in hydro-electrolyte balance.
Skills	At the end of the course, the student must: 1. Have the ability to identify descriptors of normal and pathological behavior and appropriately guide the patient, in order to obtain the most favorable prognosis. 2. Have the ability to understand the origin of behaviors harmful to health, the way in which they create illness and their effects in clinical terms; 3. Have the ability to understand the interrelationship between hormones and stress.
Responsibility and autonomy	1. Ability to independently deepen the concepts learned in Human Behavioral Sciences-Medical Sociology and to creatively apply them in a clinical context. 2. Efficient use of information resources in the field of human behavior sciences, with the ability to develop / edit specialized materials on current topics in the field. 3. Identification of roles / responsibilities related to psychological assistance in the multidisciplinary care team. 4. Increased problem-solving skills, including management of psychotherapeutic assistance resources.

7. Course objectives (aligned with the learning outcomes)

7.1. General objectives	To acquire knowledge about the normal and pathologic behavior (its origin, the connection with personality and other variables, behavioral changes in special clinical circumstances), as well as the ability to use these knowledge in counseling and psychotherapy.
7.2. Specific objectives	Knowledge of the connection between behavior and personality, the defining elements of normal and pathological behavior. Conceptual analysis of behaviors harmful to health, viewed from an etiopathogenic, clinical, psychometric and therapeutic perspective. The acquisition of theoretical elements, but also of practical skills in relation to the behavior in difficult clinical situations (the incurable patient, the surgical patient). Integrating the elements of Medical Sociology with those of Medical Psychology, for the provision



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Quality Assurance Committee

of efficient and personalized medical services. Knowledge of effective psychotherapeutic techniques in modulating behavior, as well as their indications.

8. Contents

8.1. Lecture	Teaching methods	Observations
1. Introduction to human behavior Behavior and personality, theoretical models of behavior, normal-pathological separation criteria, variables that influence behavior (biological, psycho-social and cultural), methods of studying behavior Risk behaviors (alcoholism, smoking, drug use) Risk factors, explanatory theoretical models, clinical manifestations, methods of therapeutic intervention	Interactive teaching, according to the syllabus, examples of clinical cases, including with the help of multimedia software (Prezi®, Powerpoint®).	2 hours
2. Behavior in difficult clinical circumstances a) Incurable patients Psychological reactions to death and suffering and factors influencing them. Palliative care (characteristics, models, key concepts: e.g. "death with dignity", "unmet needs", "creating legacies"), actors and institutions providing palliative care (e.g., case manager, hospices). Psychological care of palliative patients: characteristics and ethical dilemmas (e.g., euthanasia and medically assisted suicide). The role of hope in incurable patients. b) Surgical patients Characteristics of the therapeutic relationship in surgery. Psychological reactions and behaviors of surgical patients. Effective psychological care for surgical patients.		2 hours
3. Key concepts of Medical Sociology and their relationship with health The Role of Medical Sociology in better understanding disease and treatment-related behavior. The importance of group membership for health representations and derived behaviors. The relationship between social stratification and health/illness. Cultural differences in the interpretation and expression of suffering. Social inclusion and health. Cross-cultural differences influencing the doctor-patient relationship. The concept of "physician's cultural competence".		2 hours
4. Modalities of behavioral intervention Psychotherapy (PT): effects on patients, doctors and patients' caregivers Short-term objective-centered psychotherapy, transactional analysis, group and family therapy, art-therapy, narrative medicine (definitions, theoretical foundations, indications, efficiency).		2 hours
5. Principles of hormone-behavior interrelationships. Hormones and the life cycle. The optimum concentrations of hormones in behavioral determinism. The role of hormones in growth, pubertal sexualization and pregnancy, hormones and aging. Hormones and sleep.		2 hours
6. Food behavior. Hydro-electrolytical balance and liquid ingestion Hypothalamic nuclei with a role in regulating food behavior. Orexigenic and anorexigenic hormones. Hormones involved in the maintenance of hydro-electrolytical balance.		2 hours
7. Stress and the role of hormones in stress Definition of stress. Hormones involved in stress response: catecholamines, hormones of the hypothalamo-pituitary-adrenal axis. Regulating factors of hormonal response to stress. Stress in the causality of diseases.		2 hours

Recent bibliography

1. (MANDATORY)

Popa-Velea, O. (2015). "Behavioral Sciences in Medicine". Bucharest: Carol Davila University Press

- vol.1: pag.11-42, 58-159, 217-249;

- vol.2: 381-421, 450-457, 502-543, 565-584.

2. (OPTIONAL) French, D., Vedhara, K., Kaptein, Ad, A., Weinman, J. (2010). „Health Psychology” (2nd Edition). London: BPS Blackwell.

- „The role of behaviour in health” (pag.13-32);

- „Alcohol and drug use” (pag.73-83);

- „Smoking” (pag.33-46);

- „Intervention to change health-related behaviour patterns” (pag.99-110).

3. (OPTIONAL) Ouimet Perrin, K., Sheehan, C.A., Potter, M.L., Kazanowski, M.K. (Eds.). (2011). „Palliative Care Nursing: Caring for Suffering Patients”, London: Jones & Bartlett Learning International.

- „The nature of suffering and palliative care” (pag.1-24) (by Kazanowski, M.K., Ouimet Perrin, K.)

4. (OPTIONAL) Brannon, L., Feist, J., Updegraff, J.A. (2012). “Health Psychology: An introduction to behavior and health” (8th



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Edition) (2013). London: Cengage Learning, cap. 12 ("Smoking Tobacco") (pag.282-309), cap.13 ("Using Alcohol and Other Drugs") (pag.310-340).

5.(OPTIONAL) Grassi, L., Caruso, R., Sabato, S., Massarenti, S., Nanni, M.G., The UniFe Psychiatry Working Group Coauthors (2015). Psychosocial screening and assessment in oncology and palliative care settings, *Frontiers in Psychology*, 5: art.1485, pag.1-6.

8.2. Seminary	Teaching methods	Observations
Seminary 1. Human behavior – a biopsychosocial complex with implications for preserving or modifying health Behavior and personality. Theoretical models. Normal and pathological behavior (discussions and clinical examples).	Interactive teaching using psychological tests, case presentations, literature data, including multimedia use (Powerpoint®)	2 hours
Seminary 2. Biological bases of behavior The genes-environment-behavior interaction; neuroanatomical, neurophysiological and biochemical bases of behavior. Clinical examples.		2 hours
Seminary 3. Variables that influence behavior: the influence of gender, age, socio-cultural environment Clinical applications: cognitive ability testing in the elderly (MMSE), Green's test for the evaluation of post-menopausal behavioral changes, the interview / questionnaire to detect the degree of perceived social support.		2 hours
Seminary 4. Risk behaviors (1) General concepts: substance abuse, addiction. Alcohol consumption. Methods of evaluation and psychotherapeutic approach to alcoholism (examples of clinical cases).		2 hours
Seminary 5. Risk behaviors (2) Algorithm for approaching patients who intend to quit smoking. Therapeutic approach to drug addicts (1h) Seminar recovery (1h)		2 hours
Seminary 6. Behavior in difficult clinical circumstances (1) Psychological reactions to death and suffering (examples). Palliative care - challenges and difficulties. Modern models of palliative healthcare. The role of the therapeutic team in the medical assistance of incurable patients (clinical examples). Psychological assistance of palliative patients. Characteristics and ethical dilemmas of palliative patients (e.g., euthanasia and medically assisted suicide). The role of hope in incurable patients (clinical examples, interview).		2 hours
Seminary 7. Behavior in difficult clinical circumstances (2) Psychological characteristics of surgical patients. Case studies.		2 hours
Seminary 8. Medical Sociology (1). The importance of Medical Sociology for understanding the attitude towards illness and treatment (discussions and clinical examples). The shaping role of behavior played by group membership (clinical examples). The relationship between social stratification and health/illness (discussions). Social inclusion and health (discussions). Social role and perspective on suffering (discussions). Stigmatization in the social environment (discussions and clinical examples).		2 hours
Seminary 9. Medical Sociology (2) Cultural differences in the interpretation and expression of suffering. (video examples). Transcultural differences that influence the doctor-patient relationship (discussions). The concept of "physician cultural competence" (clinical examples). Ways of social intervention to improve the perception of the disease and increase adherence to treatment (discussions, clinical examples).		2 hours
Seminary 10. Psychotherapy, an additional element of medical intervention focused on changing abnormal and risky behaviors (1) Short-term goal-focused therapy. Group and family therapy. Transactional analysis (theoretical principles, clinical examples).		2 hours
Seminary 11. Psychotherapy, an additional element of medical intervention centered on changing abnormal and risky behavior (2) Art-therapy. Narrative medicine (theoretic principles, clinical examples).		2 hours
Seminary 12. The evaluation of sexual behavior in patients with endocrine pathology		2 hours
Seminary 13. The evaluation of food behavior in patients with endocrine pathology		2 hours
Seminary 14. The evaluation of behavior derived from disturbances of the hydro-		2 hours



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electrolytical balance, as well from stress response, in patients with endocrine pathology

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5.(OPTIONAL) Grassi, L., Caruso, R., Sabato, S., Massarenti, S., Nanni, M.G., The UniFe Psychiatry Working Group Coauthors (2015). Psychosocial screening and assessment in oncology and palliative care settings, Frontiers in Psychology, 5: art.1485, pag.1-6.

9. Evaluation

Activity type	9.1. Evaluation criteria	9.2.Evaluation methods	9.3. Percentage in the final grade
9.4. Lecture	Knowledge of theoretical notions taught at the course	Written exam: 25 questions (one correct variant out of five)	90%
9.5. Seminary	Knowledge of the practical applications exemplified at the practicals	Written exam with the teaching assistant: 15 questions (one correct variant out of five)	10%
	Attendance at the seminar	Fulfilling the criterion of min.70% attendance	
9.6. Minimum performance standard			
Correct answer at min.50% of exam questions and passing the seminar exam			

Date of completion
06.10.2025

Signature of the course coordinator

PSYCHOSOCIAL TRACK
Professor Dr Ovidiu Popa-Velea

Signature of the seminar coordinator

PSYCHOSOCIAL TRACK
Associate Prof. Dr Liliana Diaconescu

Signature of the seminar coordinator

BIOLOGICAL TRACK

Signature of the course coordinator

BIOLOGICAL TRACK
Professor Dr Cătălina Poiană

Date of approval by the Department Council:

Signature of the Department Director

Prof Dr Daniela Galieta Mincă